WINTER BREAK LEARNING PACKET

PHYSICAL EDUCATION

1ST GRADE STUDENT

DEC 22ND – JAN 5TH

DEPARTMENT OF CURRICULUM & INSTRUCTION

Memphis-Shelby County Schools offers educational and employment opportunities without regard to race, color, religion, sex, creed, age, disability, national orgin, or genetic information

ACTIVE HOME PHYSICAL EDUCATION: K-2 Locomotor and Manipulatives

5 Day Rotation	Day 1	Day 2	Day 3	Day 4	Day 5
Concept of Focus	I can show balance and coordination while playing at home.	I can control by body while performing dances and activities.	I can throw and catch in self space.	I can transfer weight from one body part to another.	I can show movement concepts with family while dancing and playing for 60 minutes.
Academic Language for Today	**BALANCE** An even distribution of weight allowing you to stay upright and steady.	**CONTROL** To manage or regulate the movement or action of something.	**SELF-SPACE** The area around a person in where they are comfortable but feel uncomfortable if someone else enters.	**DEMONSTRATE** To show or perform an action for others to see.	**DIRECTION** One of the ways the body can move in space (for example, forward, backward, right, left, up, down).
Warm-up	Pop See Ko	Hokey Pokey	Pop See Ko	Hokey Pokey	Pop See Ko
OPEN Home Activity	**Locomotor and Manipulatives Card** Today we're going to have fun exploring movement with Beans Bag or Sock Balls. Find some safe and grab a family member. Complete Part 1	**Locomotor and Manipulatives Card** Today we're going to have fun exploring movement with Beans Bag or Sock Balls. Find some safe and grab a family member. Complete Part 2	**Locomotor and Manipulatives** Today we're going to have fun exploring movement with Beans Bag or Sock Balls. Find some safe and grab a family member. Complete Part 1	**Locomotor and Manipulatives Card** Today we're going to have fun exploring movement with Beans Bag or Sock Balls. Find some safe and grab a family member. Complete Part 2	**Locomotor and Manipulatives** Today we're going to have fun exploring movement with Beans Bag or Sock Balls. Find some safe and grab a family member. Complete Part 1
Daily Fitness Activity	DEAM Calendar	DEAM Calendar	DEAM Calendar	DEAM Calendar	DEAM Calendar
Mindfulness	Choose three poses to perform with parents. Hold each pose for 30sec to 60 sec. Yoga Flash Cards	Sun Salutation #1 Perform with parents following the peer coaching cards. Sun Salutation #1	Choose three poses to perform with parents. Hold each pose for 30sec to 60 sec. Yoga Flash Cards	Sun Salutation #2 Perform with parents following the peer coaching cards. Sun Salutation #2	Choose three poses to perform with parents. Hold each pose for 30sec to 60 sec. Yoga Flash Cards
Assessment(s)	Physical Activity Log	Physical Activity Log	Physical Activity Log	Physical Activity Log	Physical Activity Log

PHYSICAL EDUCATION DEPARTMENT

Dear students and family members,

The physical education team at our school is working with resources from **OPENPhysEd.org** to help you stay physically active and healthy while our schools are closed. In order to meet physical education goals during this time students must be physically active for 60 minutes each day. Use this physical activity log to record your activity time.

Remember, activity time doesn't have to happen all at once. You can add up your total activity throughout the day to equal 60 minutes. Students, at the end of each day ask a family member to sign next to the day's total activity. Then, return the finished log to your physical education teacher when school is back in session.

If our schools are closed for more than 2 weeks, visit
www.openphysed.org/activeschools/activehome
to download and print another activity log.

Your physical education teachers would also like you to visit the file links for your grade level on the OPEN webpage. From there you'll be able to download and print physical education resources that are fun and can be done at home.

Thank you for your cooperation. Stay active and stay well.

Sincerely,
Your Physical Education Staff

By staying active and completing this physical activity log you're meeting the following **SHAPE America** National Physical Education Grade-level Outcomes:

Grades K-5 (Physical Activity Knowledge)

Standard 3 [E1.K,2,3a,5] Identifies active play opportunities outside physical education class (K); Describes physical activities for participation outside physical education class (e.g., before and after school, at home, at the park, with friends, with the family) (2); Charts participation in physical activities outside physical education class (3a); Charts and analyzes physical activity outside physical education class for fitness benefits of activities (5).

Grades 6-8 (Engages in Physical Activity)

Standard 3 [M2.6-8] Participates in self-selected physical activity outside of physical education class (6); Participates in a physical activity twice a week outside of physical education class (7); Participates in physical activity three times a week outside of physical education class (8).

Grades 9-12 (Engages in Physical Activity)

Standard 3 [H6.L1] Participates several times a week in a self-selected lifetime activity, dance, or fitness activity outside of the school day (L1).

Estimados estudiantes y familiares:

El equipo de educación física de su escuela está trabajando con recursos de OPENPhysEd.org para ayudarlo a mantenerse físicamente activo y saludable mientras nuestras escuelas están cerradas. Para cumplir con los objetivos de educación física durante este tiempo, los estudiantes deben estar físicamente activos durante 60 minutos cada día. Use este registro de actividad física para registrar su tiempo de actividad.

Recuerde, el tiempo de actividad no tiene que usted suceder de una vez. Puede sumar su actividad total durante el día para que sea igual a 60 minutos. Estudiantes, al final de cada día, pida a un miembro de la familia que firme al lado de la actividad total del día. Luego, regrese el registro terminado a su maestro de educación física cuando la escuela vuelva a la sesión.

Si nuestras escuelas están cerradas por más de 2 semanas, visite
www.openphysed.org/activeschools/activehome
para descargar e imprimir otro registro de actividad.

Sus maestros de educación física también desean que visite los enlaces de archivos para su nivel de grado en la página web OPEN. Desde allí, podrá descargar e imprimir recursos de educación física que son divertidos y se pueden hacer en la casa.

Gracias por su cooperación. Mantente activo y bien.

Attentamente,
Su personal de educación física

Al mantenerse activo y completar este registro de actividad física, cumple con lo siguiente ***SHAPE America*** *National Physical Education Grade-level Outcomes:*

Grades K-5 (Conocimiento de actividad física)

Standard 3 [E1.K,2,3a,5] Identifica oportunidades de juego activo fuera de la clase de educación física (K); Describe actividades físicas para participar fuera de la clase de educación física (por ejemplo, antes y después de la escuela, en casa, en el parque, con amigos, con la familia) (2); Gráficos de participación en actividades físicas fuera de la clase de educación física (3a); Grafica y analiza la actividad física fuera de la clase de educación física para conocer los beneficios físicos de las actividades (5).

Grades 6-8 (Participa en actividad física)

Standard 3 [M2.6-8] Participa en actividades físicas autoseleccionadas fuera de la clase de educación física (6); Participa en una actividad física dos veces por semana fuera de la clase de educación física (7); Participa en actividad física tres veces por semana fuera de la clase de educación física (8).

Grades 9-12 (Participa en actividad física)

Standard 3 [H6.L1] Participa varias veces a la semana en una actividad de vida, baile o actividad física autoseleccionada fuera del día escolar (L1).

Physical Education ACTIVITY LOG

2-Week Physical Activity Log

Use this activity log to track your physical activity minutes for 2 weeks.
Have an adult sign their initials next to each day that you complete 30 minutes.

Week 1:

Day	Activity 1	Activity 2	Activity 3	Total
Sample Day	Active Outside 30 Mins	Walk with Family 15 Mins	Dance Challenge 15 minutes	60 minutes
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

Week 2:

Day	Activity 1	Activity 2	Activity 3	Total
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

Physical Education ACTIVITY LOG

Registro De Actividad Física De 2 Semanas

Use este registro para registrar su actividad física durante las próximas dos semanas. Pídele a un adulto que verifique con su firma que hiciste las varias actividades físicas del día.

Semana 1:

Día	Actividad 1	Actividad 2	Actividad 3	Total
Ejemplo:	jugar afuera 30 minutos	caminar con la familia 15 minutos	desafío de baile 15 minutos	60 minutos
Día 1				
Día 2				
Día 3				
Día 4				
Día 5				
Día 6				
Día 7				

Semana 2:

Día	Actividad 1	Actividad 2	Actividad 3	Total
Día 1				
Día 2				
Día 3				
Día 4				
Día 5				
Día 6				
Día 7				

DECEMBER DEAM Calendar

Drop Everything And Move

GIVE without expectation

Name:	Teacher:

Purpose:

This calendar encourages families to become more physically active and to take steps toward a healthier lifestyle. Each day, students are asked to complete a different activity with a family member (or with adult supervision).

Directions:

After a student completes a day's activity, an adult should make a check mark and initial in the space provided. Each week, you are allowed to miss one day (activity). If this happens, put an "X" in the space provided for a check mark (do not initial).

✓ Done	Day	DEAM Activity
	1	Move during TV commercials. (No TV? Move for 5 minutes each hour.)
	2	Do as many curl-ups as you can.
	3	Do 10 burpees and 10 sit-ups.
	4	Say your math facts while doing reverse lunges.
	5	Take a walk.
	6	Think: I will be the best I can be! Live this motto all day!
	7	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	8	Move during TV commercials. (No TV? Move for 5 minutes each hour.)
	9	Do as many trunk-lifts as you can.
	10	Do 20 jumping jacks and 20 plank jacks.
	11	Do push-up shoulder taps while reciting your spelling words.
	12	Take a walk.
	13	Think: I can do hard things! Live this motto all day!
	14	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	15	Move during TV commercials. (No TV? Move for 5 minutes each hour.)
	16	Do as many squats as you can.
	17	Do 30 mountain climbers and 30 bicycle crunches.
	18	Perform squat-jumps while naming the continents.
	19	Take a walk.
	20	Think: I will train my brain (and body)! Live this motto all day!
	21	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	22	Move during TV commercials. (No TV? Move for 5 minutes each hour.)
	23	Do as many push-ups as you can.
	24	Crab walk and hold a plank as you count to 40.
	25	Read a book while doing a wall sit.
	26	Take a walk.
	27	Think: I love to challenge myself! Live this motto all day!
	28	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	29	Move during TV commercials. (No TV? Move for 5 minutes each hour.)
	30	Do as many push-ups as you can.
	31	Crab walk and hold a plank as you count to 40.

Please Remember

- ✓ Always get adult permission before doing any activity.
- ✓ Return calendar to your teacher at the end of the month.
- ✓ It's better to give than to receive.

ACTIVITY CARD

BEAN BAG

Activity Name	Description	Outcome Focus
	PART 1	
Locomotor Moves	With bean bag on the floor in personal space: • Walk around the activity area and count all of the bean bags. • Jog in the area. On signal, freeze and point to any beanbag. • Gallop in the area. Freeze, listen for a color, and then find a beanbag that color and touch it with your toe. • Leap over beanbags in area. • Slide (jump, hop, skip) in the area. When music stops, find a new bean bag and stand on it.	Travels in Relationship with Objects
Toss and Try	Toss bean bag straight up and then: • Clap 1 time before it hits the floor. • Clap 1 time and then try to catch it. • Clap as many times as you can before it hits the floor. • Clap as many times as you can and then try to catch it. • Toss with right hand only (repeat tasks above) • Toss with left hand only (repeat tasks above) • Toss and turn 360 degrees before the bean bag hits the floor. • Start with the beanbag on top of your foot. Flip it into the air and try to catch it.	Catches a Soft Object
Super Moves	With bean bag on the floor: • Stretch your body and log roll over it back and forth. • Start low like a frog, and then jump over it backward and forward; side-to-side. • Sit on the floor. Stretch and curl by picking the beanbag up with your feet, reaching and touching it with your hands, and then stretching and setting it back down.	Demonstrates Twisting, Bending, Stretching
	PART 2	
Balancing Act	With bean bag balancing on head, shoulders, or back: • Balance on one foot. Shift to balance on the other foot. • Sit and then stand again. If the beanbag falls, try again. • In plank position, slowly slide your feet around in a circle.	Weight Transfer and Balance/Stability
Slow and Fast	• Use your foot to slowly slide the bean bag around the activity area. • Slide the bean bag on the ground, back and forth from hand to hand. How fast can you make the bean bag slide while keeping it under control?	Differentiates between fast and slow speeds and strong and light force.
Target Practice	Each student finds a spot on the wall as a target (e.g., a brick, piece of paper, etc.) Toss the bean bag underhand to: • Hit the center of the target. • Hit the edges of the target. • Hit just above (below, to the sides) of the target.	Throws Underhand Using a Mature Pattern
Partner Fun	Using 1 beanbag per pair: • Toss and catch the bean bag. • Slide it back and forth on the ground. • Pass it back and forth like a soccer ball, using your feet. • Try all of the above using 2 bean bags	Working With Others

Yoga Pose Cards

Print, Cut, Laminate

Beginning

Cat

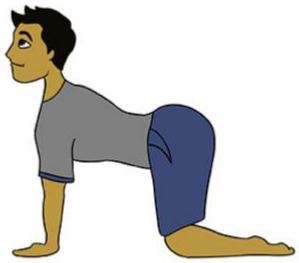
Chair

Child

Yoga Pose Cards

Print, Cut, Laminate

Cobra



Cow

Cross-Crawl 1

Cross-Crawl 2

Yoga Pose Cards

Print, Cut, Laminate

Cross-Legged

Down Dog

Goddess

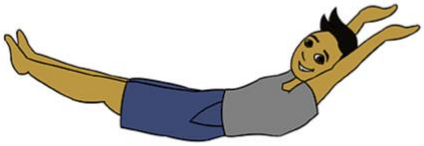
Knobby-Knees

Yoga Pose Cards

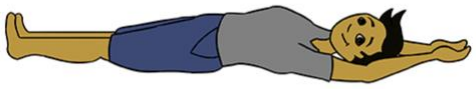
Print, Cut, Laminate

Laugh

Limp Noodle



Log 1



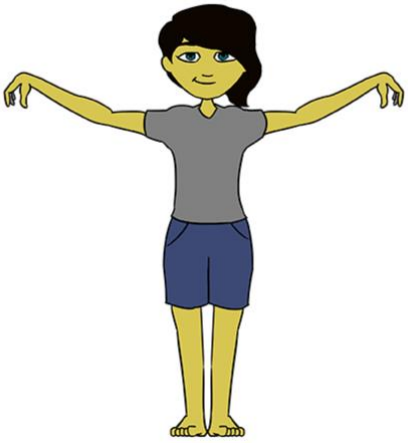
Log 2

Yoga Pose Cards

Print, Cut, Laminate

Nose

Oh No!

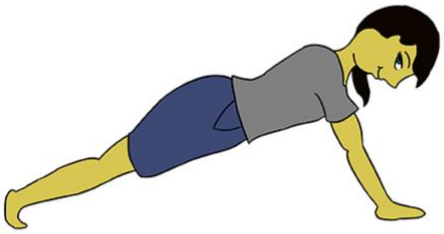


Owl 1

Owl 2

Yoga Pose Cards

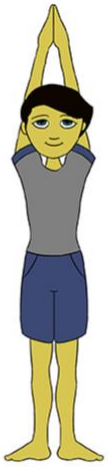
Print, Cut, Laminate



Plank

Rock

Sphinx



Tall Mountain

PRINT & CUT

Yoga Pose Cards

Print, Cut, Laminate

Tree 1

Tree 2

Up Dog

Down Dog

Peer Teaching Activity Card 1: Sun Salutations

Stand in mountain pose and inhale.	
Exhale. Hands to heart center or prayer.	
Inhale. Reach up and back, keeping the biceps in the line with the ears and the palms facing forward. Push the hips forward and focus on extending the spine.	

Peer Teaching Activity Card 2: Sun Salutations

Exhale. Fold forward and down. Keep the arms in line with the biceps and the back flat. Line the finger tips up with the toe tips and bend the knees as much as you need in order to get your hands flat on the floor.	
Inhale. Step back with the right leg, drop the back knee, and look up.	
Retain the breath (hold) and step back to a plank position.	

Peer Teaching Activity Card 3: Sun Salutations

Exhale. Lower the chest down between the hands and the knees to the floor. Place the chin on the mat. Keep the hips up (like an inch worm).	
Inhale. Slide forward into cobra pose, keeping the knees, hands, and feet in the same spot.	
Exhale. Lift the knees off the floor and shift the hips back into an inverted “V,” or downward-facing dog pose.	

Peer Teaching Activity Card 4: Sun Salutations

Inhale. Look between and the hands and step forward with the right foot. Place the foot between the hands, drop the back knee, and look up.	
Exhale. Step forward with the left foot and bring the head to the knees.	
Inhale. Reach the arms out with the hands palms-down, and begin to stretch up and back. Keep the biceps in line with ears. Lift the chest and focus on thoracic extension.	
Exhale. Drop the arms by the sides, returning to mountain pose.	